



Sauteed Wild Mushrooms

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup flat parsley chopped
- 6 cloves garlic chopped
- 2 teaspoons kosher salt
- 2 pounds mushrooms wild mixed such as cremini, shiitake, porcini, and portobello
- 0.5 cup olive oil good
- 1 cup shallots chopped (4 large)
- 4 tablespoons butter unsalted ()

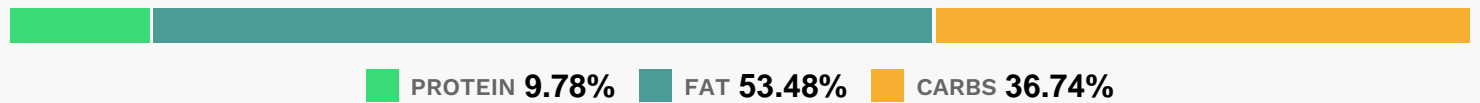
Equipment

- sauce pan
- dutch oven

Directions

- Brush the caps of each mushroom with a clean sponge.
- Remove and discard the stems. Slice the small mushrooms thickly and cut the large ones in a large dice.
- Heat the olive oil in a large (11 - inch) Dutch oven or saucepan.
- Add the shallots and cook over low heat for 5 minutes, or until the shallots are translucent.
- Add the butter, mushrooms, salt, and pepper and cook over medium heat for 8 minutes, until they are tender and begin to release their juices, stirring often. Stir in the garlic and cook for 2 more minutes. Toss in the parsley, sprinkle with salt, and serve warm.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:6.12, Inflammation Score:-9, Nutrition Score:25.947826277951%

Flavonoids

Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 280.55kcal (14.03%), Fat: 18.08g (27.81%), Saturated Fat: 7.97g (49.84%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 19.73g (7.17%), Sugar: 10.24g (11.37%), Cholesterol: 30.1mg (10.03%), Sodium: 1201.11mg (52.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin K: 251.19µg (239.23%), Vitamin B6: 0.94mg (46.95%), Vitamin B3: 9.15mg (45.74%), Manganese: 0.83mg (41.45%), Vitamin B5: 3.68mg (36.79%), Fiber: 8.22g (32.86%), Vitamin A: 1617.6IU (32.35%), Vitamin C: 26.09mg (31.62%), Vitamin B2: 0.53mg (31.11%), Phosphorus: 308.84mg (30.88%), Potassium: 995.13mg (28.43%), Copper: 0.42mg (20.82%), Selenium: 14.45µg (20.64%), Zinc: 2.8mg (18.69%), Folate: 72.99µg (18.25%), Magnesium: 67.14mg (16.79%), Iron: 2.71mg (15.07%),

Vitamin E: 1.24mg (8.3%), Vitamin D: 1.12 μ g (7.45%), Vitamin B1: 0.09mg (6.16%), Calcium: 60.51mg (6.05%)